

ABSTRACT OF THE DISCLOSURE

Fiber reinforced aerated concrete compositions and methods of forming structural units such as blocks, panels, etc., from such compositions are disclosed. The compositions comprise a fly ash / cement slurry with a coated Al
5 paste serving as the activator to generate the desired cellular structure. The composition can be self cured at ambient temperature and pressure without the need for ovens or autoclaves. The cured compositions can be easily cut into the desired shape by a band saw or the like.